

Reduce arthritis pain? It's not such a big stretch.



Studies show that 30 minutes of moderate physical activity three or more days a week can reduce arthritis pain and help you move more easily. So take a walk. Go dancing. Ride a bike. Go for a swim. Make it fun by inviting friends or family to join you. If 30 minutes is too much, try 10 or 15 minutes at a time. Stick with it, and in four to six weeks you could be hurting less and feeling more energetic.

Physical Activity. The Arthritis Pain Reliever.

[Call 1-800-283-7800 to learn more.](tel:1-800-283-7800)

A MESSAGE FROM THE
CENTERS FOR DISEASE CONTROL AND PREVENTION
THE ARTHRITIS FOUNDATION
THE DEPARTMENT OF HEALTH & HUMAN SERVICES
LOCAL ARTHRITIS PROGRAM NAME HERE

